

Enriching Our Communities
by Connecting Local Employers
& Individuals With
Opportunities to Succeed



Networks News

THE 26TH ANNUAL SVGC TOURNAMENT — BY MATT & NICK

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Spring has finally arrived and what better way to enjoy the warmer weather than to be outside playing golf and supporting a wonderful cause.

Opportunity Networks' 26th Annual Souhegan Valley Charity Golf Classic and Dinner Auction will be held on Thursday, June 9th (rain or shine) at the Amherst Country Club in Amherst, NH. Our golf tournament is sponsored annually by Hitchiner Manufacturing Company. This tournament is known for being one of the area's premier charity golf events, with meals and beverages provided on the course donated by Chick-fil-A of as well as the day ending with an exquisite dinner catered by The Flying Butcher and a Live Auction with Auctioneer Steve Desmarais. The four player scramble is a great day of golf, food and fun ... all for a GREAT cause! The tournament features Hole-in-One prizes including chances to win a new 2016 Dodge-Chrysler-Jeep vehicle, a

2016 Harley Davidson motorcycle, as well as many other chances to win on the course! Opportunity Networks is a 501(c)3 non-profit organization with 35 years serving adult residents who live with acquired and developmental disabilities. We are committed to providing genuine Vocational Opportunities and Social Activities that promote life enhancing skills for disabled adults in the Southern New Hampshire area. Over this past year, our agency has provided services to 101 handicapped individuals ranging in age from their early 20's to their upper 60's. To register to golf, sponsor the event, donate a live auction item or to volunteer, please go to www.opportunitynetworks.org or call Melissa Boyle at 603-883-4402.

Individual registration is \$150. If you have a team of four, sign up by May 15th and save \$50.00. Each registration per golfer includes all greens fees, cart and 3 meals as well as fantastic complimentary golf giveaways and a goody bag. Don't have a foursome? No problem! We will put together a foursome for you. All sponsors and auction donors are honored at the event and in our golf day auction booklet, on our website and much more!

Again, for information, log onto www.opportunitynetworks.org



This issue of "Networks News" was made possible by the News Crew:

- Richard Brown
- Justin Houle
- Jane Hunnewell
- Joshua Nadeau
- Nicholas Needler
- Matt Ranieri
- RJ Murphy



THE JOY OF MOVEMENT — BY JANE, RICHARD & MATT



We love our time at the Dance Company of Amherst!



In January 2016, Opportunity Networks began a wonderful partnership with the Dance Company of Amherst. Tarryn Wilkerson (owner) & Mary Elizabeth Hauver where excited about the opportunity to work with Opportunity Networks and develop a dance and movement therapy program that is a positive program in the lives of individuals with disabilities.

The dance program allows for expression of one's self through the art of dance and other movement activities. It aims to create joy in one's life by moving, providing benefits of exercise, experiencing joy in one's body, increasing positive social interaction and learning basic dance elements and technique. Props, games, fun music, and lots of dancing are included! It offers a spirited, fun, and creative approach to dance.

Most people enjoy music, dance or a combination of both. It's no different for individuals with developmental disabilities. Our dance/movement therapy program gives individuals the opportunity to enjoy music and dance through self-expression in a group or as an individual. It's also much more than just exercise; simply put it's a form of therapy. It's an opportunity for each individual to express themselves through movement. The individuals we support do not have the

opportunity on a regular basis to enjoy dance and music in these types of settings. Generally what they do is go home after their day program and in many ways become isolated from all those things individuals without disabilities take for granted.

Our program will also promote healing in a number of ways. Moving as a group brings people out of isolation, creates powerful social and emotional bonds, and generates the good feelings that come from being with others. Moving rhythmically eases muscular rigidity, diminishes anxiety, and increases energy.

On a purely physical level, our dance/movement therapy provide the benefits of exercise: improved health, well-being, coordination, and muscle tone. On an emotional level, it helps people feel more joyful and confident, and allows them to explore such issues as anger, frustration, and loss that may be too difficult to explore verbally. On a mental level, it enhances cognitive skills, motivation, and memory.

If you would like more information on the Joy of Movement program, contact Tarryn Wilkerson @ 603-864-8374 or stop by the Dance Company on Thursdays from 10-11am to see the program. The Dance Company is located at 141 Route 101A Unit B, Amherst.

CRANKING OUT THE NUMBERS — BY JANE



Thank you Linda for all you do for us!

Linda Jennings has been a dedicated employee of Opportunity Networks for over 20 years. When you say cranking out the numbers that's exactly what she does. As Opportunity Networks Business Coordinator, Linda plays a key role in making sure the agencies finances are in order, invoices are completed, accounts payable and receivables are in order on a weekly basis. So when you think of keeping track of your check book register, multiple that 100 times and you will get a good understanding of what Linda goes through to keep the finances moving forward. Linda is also very active in working at every fundraising event that the agency participates in. Need we not forget the agencies payroll and keeping staff happy! In short, Linda wears many hats but always has a smile about her and loves working at Opportunity Networks. Thanks Linda for all your years of dedicated services!!

EXERCISE FOR HEALTH — BY DARREN, JANE & RICHARD

Opportunity Networks is pleased to be partnering with the Nashua Sports Academy to promote a health & wellness program every Friday afternoon.



walked a mile and want to train for a 5K walk/run race, or seeing an individual in a wheel chair throwing a ball for range of motion exercises as part of a

The Health and Wellness program initiative truly makes a significant difference in the lives of the individuals with developmental disabilities we support daily. In many cases this is the only time when they are able to exercise, play basketball, run/walk, ride an exercise bike, dance or swim as some examples. Recently, we had a young man express an interest in losing weight. Over several months of exercising during our day program he was able to lose 17 pounds. Seeing how happy he was to talk about that accomplishment made us realize even more how valuable health and wellness is to the individuals we support. Some other examples are watching several other individuals get excited because they

group. For many of the individuals this is the height of their day and the joy you see on their faces speaks more than any words could!

Health and wellness activities have lots of benefits for improving a person's health. Benefits include better health, eating better and participating in activities like swimming, basketball, soccer, hiking, with the ultimate goal of having fun while improving their overall health!!

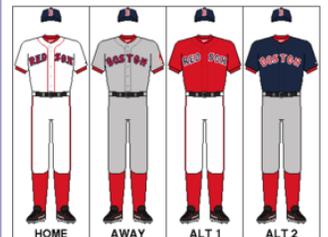
If you have any questions about our Health & Wellness programs please contact Max Morelli - Health & Wellness Manager @ 603-883-4402.



Look out LeBron!!

"THE BOYS OF SUMMER" - BY JOSH & JUSTIN

The Boston Red Sox are an American League professional baseball team based in Boston, Massachusetts. It was founded in 1901 and the name was chosen by the team owner, John I. Tyler around the year of 1908. Although, the Red Sox's have a long history they are part of one of the most storied rivalries in sports history. The Red Sox & New York Yankees have been rivals for over 100 years and the two teams finished tied for 1st in the year of 1978, which was memorable for the Red Sox having held a fourteen-game lead over the Yankees more than halfway through the season. For these few New England Yankees fans the number 27 stands out first and foremost! For those that don't know that's 27 world series titles which is the most in the history of baseball. Fans from both teams look forward each year to the times when they meet on the "field of Dreams" and battle it out in a hotly contested pennant race. So everyone join in and enjoy the 7th inning stretch, take me out to the ball game and of course Sweet Caroline!!! And whether you like the Red Sox's, the Yankees or another team sit back and enjoy a 162 game season!



Your 2016 Boston Red Sox's!



DEAF SOCIAL CLUB — BY JOSH NADEAU



Karen Conway!!!!!!

Opportunity Networks believes in supporting individuals with disabilities including staff who are deaf or hard of hearing. To assist the deaf community, Opportunity Networks has installed two (2) video phones at our Nashua office and two (2) video phones at our Amherst office to help support the deaf community. This added adaptive equipment has helped improve the lives of the deaf individuals supported at O.N. by providing them with a way to communicate with others within the community. Opportunity Networks has also incorporated a deaf social group into our day program which is open to anyone. The group meets Tuesday afternoons and is hosted by Karen Conway a staff member from Opportunity Networks. You get to learn how to use your hands and fingers to communicate with anyone who is deaf. The group started in May of 2014 and is still going strong today. The group generally lasts about 1 hour. During the group, you'll get a chance to play games and talk about anything that you want, like what you did over the weekend, sports and your favorite activities. This group is a great learning experience for anyone and is becoming more popular. So, take this opportunity and participate today, you'll be glad that you did!!!



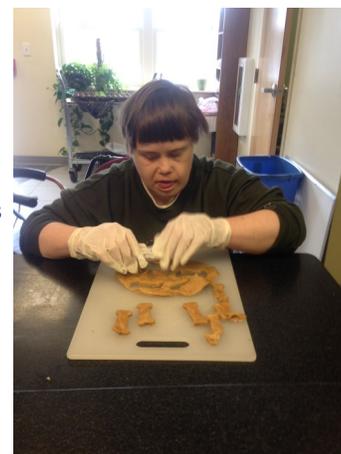
For more information about the Deaf Social Group contact Ed Watts @ 603-889-0796.

GOLDEN DOG BONES — BY MATT & NICK



Healthy Treats for your Pets

If you are a dog lover and have a pet then have we got a "bone" for you! Staff and individuals at Opportunity Networks have been making special treats for man's best friend for over a year and the report is that dogs really love them. One family pet gave us two paws up! What are the Ingredients that go into making the tasty dog treats? Here is the secret. Peanut butter, white flour, wheat flour and oil water. It's



more than just special ingredients that go into making the dog bones. It takes a special touch and a good oven.

So if you are interested in having your dog try some of these delicious and delectable treats then give us a call at 603-883-4402. The magic word to remember is Bow wow!

EMPLOYEE COMPLETES 5 YEAR MILESTONE – BY JOSH & NICK

When you think of success you can think of many things! On March 3rd, Sean Costello reached a milestone at the Boys & Girls Club of Souhegan Valley. Susan Taylor, the Executive Director of the Boys & Girls Club of Souhegan Valley, pictured on the right, presented Sean with an award recognizing his five years of dedicated service to their organization during the Youth of the Year event. This was a great accomplishment for Sean and he was excited to receive this award! Congratulations Sean on your success and continued employment at the Boys & Girls Club.



Congratulations Sean!

WINTER POEM – BY JOSH / WINTER TIPS – BY MATT

I will gaze at the stars, And maybe even Mars,
 They are all so bright, On a wonderful clear
 winter night, Feeling the breeze, Watching the
 trees, They're swaying with grace, In this
 peaceful little place, Time moves on, more and
 more, It's getting colder than it was before,
 People are sick and sneezing, Because this
 weather is so freezing, One of the prettiest times
 of year, Winter season is finally here, 32 is the
 magic number, For a white blanket as you
 slumber, Yummy things like hot chocolate and
 s'mores, Cookies, treats, and sweets galore, A

fascinating season Winter is, With it's beauty,
 peace, and bliss, Christmas is almost here, A
 holiday filled with such cheer, Giving and
 getting so many things, Being with family,
 enjoying everything it brings, You had already
 made your list, You wake up and hope to find
 your wish, Unwrap the box and look inside,
 You saw your wish and nearly cried, Oh man,
 how wonderful Winter can be, From the
 holidays to the scenery, My favorite thing,
 however, I'm having trouble deciding,
 Everything is great, and it's only just arriving.



**DEDICATED TO WORKING WITH INDIVIDUALS WITH DISABILITIES
 - BY JANE AND JUSTIN**



Jaime Ruth Morency Tribute

Our friend Jaime from Opportunity Networks, who was loved by her friends and family passed away at the SNH Medical Center on December 9th, 2015 after a 4 year battle with cancer. She was a 2002 graduate of Alvirne High School and a 2008 graduate of SNU. Jaime was born on March 9th, 1984 to Gale & Danny Morency and was raised in Tyngsboro, Massachusetts and Hudson, NH. She was well liked by the staff and individuals at Opportunity Networks and made CDs for the individuals to dance to. She even took some individuals to their job sites and spend time with them in the community. She will be deeply missed by everyone that she was closely related to.

Jaime Ruth Morency

March 9th, 1984--Dec. 9th, 2015

Age: 31

2016 OPPORTUNITY NETWORKS
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FOUNDATION

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WALMART FOUNDATION

THE KALEY FOUNDATION

ARTHUR L. KEYES MEMORIAL TRUST

THANK YOU FOR YOUR
GENERIOUS SUPPORT



Upcoming Events

Our Fundraising Events:

26th Annual Souhegan Valley Golf Classic, Thursday, June 9th

Please check out our website at www.opportunitynetworks.org, for more information on our fundraising events and how you can participate!!

Due to funding arrangements for Nonprofit Programming providing services to individuals with disabilities, Opportunity Networks continues to rely on the generous support of individuals and businesses in our local community.

Program Locations

Administrative Office:

11 Caldwell Drive
Amherst, NH 03031
603-883-4402

Day Habilitation & Supported Employment Program

116A Perimeter Rd.
Nashua, NH 03060
603-889-0796

Vocational Rehabilitation & Employment Services

116C Perimeter Rd.
Nashua, NH 03060
(603) 402-1444

www.opportunitynetworks.org

